What is claimed is:

1. A method for milking animals, especially cows, said method comprising the step of:

   a) sequentially stimulating the teats of the animal as a way to stimulate the udder; and

   b) milking the stimulated teats.

2. The method of claim 1, during which only single teats are being stimulated successively.

3. The method of claim 2, during which a phase without any stimulation occurs during 2 stimulation phases.

4. The method of claim 2, during which, at the end of a stimulation phase of a teat a stimulation phase of another teat occurs.

5. The method of claim 1 during which, before the sequential stimulation of a single teat, the udder receives a pre-stimulation.

6. The method of claim 5, during which the intensity of the sequential stimulation decreases during the milking procedure.

7.   The method of claim 6, during which the intensity of the sequential stimulation during the milking procedure decreases continuously.

8.   The method of claim 6, during which the intensity of the sequential stimulation during the milking procedure decreases discontinuously.

9.   The method of claim 5 during which the milk flow or a relevant reference number is either measured or determined during the milking procedure, and to change the intensity of the sequential stimulation in accordance to the milk flow or the relevant reference number.